



ADVANCED AESTHETIC CENTER FOR  
ORAL AND MAXILLOFACIAL SURGERY

# POSTOPERATIVE PATIENT INSTRUCTIONS FOLLOWING DENTAL IMPLANT SURGERY

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WE URGE YOU TO FOLLOW THE ADVICE BELOW VERY CAREFULLY IN ORDER TO MAXIMIZE THE BENEFIT OF YOUR SURGICAL OUTCOME AND RECUPERATE AS QUICKLY AS POSSIBLE WITH THE LEAST AMOUNT OF DIFFICULTY. IF A BONE GRAFTING PROCEDURE WAS PERFORMED AT THE SAME TIME THAT IMPLANTS WERE PLACED, YOU WILL BE GIVEN ADDITIONAL INSTRUCTIONS.

## INSTRUCTIONS

1. PLACE ICE ON THE FACE OVER THE AREA THAT WAS OPERATED ON FOR THE FIRST FORTY EIGHT (48) HOURS [30 MINUTES ON/30 MINUTES OFF] AS MUCH AS POSSIBLE. EXPECT SOME SWELLING, DISCOMFORT OR PAIN. THE SWELLING PEAKS IN TWO (2) DAYS, AND DURING THIS TIME IS WHEN THE ICE IS MOST EFFECTIVE. USE IT. HOWEVER, IN MOST INSTANCES NO SWELLING WILL DEVELOP UNLESS A GRAFT WAS PLACED SIMULTANEOUSLY.
2. AVOID RINSING, SPITTING, DISTURBING OR TOUCHING THE WOUND ON THE DAY OF SURGERY. THERE CAN BE A METAL HEALING CUFF OR ABUTMENT PROTRUDING THROUGH THE GUM TISSUE. SOME BLEEDING OR REDNESS IN THE TISSUE(S) OR SALIVA IS NORMAL FOR ABOUT TWENTY FOUR (24) HOURS. EXCESSIVE BLEEDING CAN BE CONTROLLED BY BITING ON A GAUZE PAD PLACED DIRECTLY ON THE SURGICAL SITE AND APPLYING PRESSURE.
3. AVOID RINSING, SPITTING, DRINKING THROUGH A STRAW AND ALCOHOL MOUTH WASHES FOR THE FIRST TWENTY FOUR (24) HOURS AS IT MAY PREMATURELY DISSOLVE THE BLOOD CLOT(S). A GENTLE RINSING WITH WARM SALT WATER [ONE HALF (1/2) TABLESPOON OF SALT IN A LARGE DRINKING GLASS - 8 OZ.] AFTER EACH MEAL AND AT BEDTIME IS IMPORTANT AFTER THE FIRST TWENTY FOUR (24) HOURS. A PLASTIC, CURVED TIPPED SYRINGE WAS PROVIDED TO YOU TO HELP YOU RINSE THE SURGICAL SITE(S) EASIER; USE IT! MAKE SURE YOU PLACE THE TIP OF THE SYRINGE OVER SURGICAL SITE AND FLUSH GENTLY. A PRESCRIPTION ANTIMICROBIAL RINSE (PERIDEX® OR PERIOGARD®) MIGHT BE PRESCRIBED FOR YOU; USE AS SPECIFIED BY THE INSTRUCTIONS ON THE BOTTLE, AND START THE DAY FOLLOWING SURGERY ALONG WITH YOUR REGULAR SALT RINSES. AFTER SEVENTY TWO (72) HOURS, A MORE VIGOROUS RINSING IS ENCOURAGED. SALT WATER RINSING SHOULD BE DONE AFTER ANY EATING AND AT BEDTIME FOR AT LEAST TWO WEEKS. COMMERCIAL MOUTH WASHES LIKE LISTERINE® OR SCOPE® CAN BE USED AFTER TWENTY FOUR (24) HOURS AS LONG AS THEY DO NOT STING THE SURGICAL SITE.
4. ALONG WITH YOUR RINSING, BRUSHING OF YOUR TEETH AND THE HEALING CUFF/ABUTMENT CAN BE STARTED THE DAY AFTER SURGERY. BE GENTLE INITIALLY BRUSHING THE TEETH ADJACENT TO THE SURGICAL SITE(S), AND A Q-TIP™ CAN BE USED TO CLEAN THE HEALING CUFF/ABUTMENT. AVOID BRUSHING FOR THREE (3) DAYS THE SOFT TISSUE AREA OF SURGERY WHERE THE STITCHES ARE LOCATED; THEN START BRUSHING SOFTLY. BRUSH YOUR TEETH GENTLY WITH A SOFT TOOTHBRUSH ON THE CHEWING SURFACES OF THESE AND ON THE SIDE OF THE ROOF OF YOUR MOUTH ONLY.
5. TAKE THE MEDICATIONS THE DOCTOR HAS GIVEN YOU FOR INFECTION, PAIN AND SWELLING AS INDICATED.
6. **No smoking** FOR AT LEAST FORTY EIGHT (48) HOURS; THE LESS YOU SMOKE THE BETTER! THE CHEMICALS AND THE HEAT FROM THE SMOKE CAN CREATE A WOUND OPENING AT THE INCISION, AND POTENTIALLY CAUSE THE IMPLANT AND/OR GRAFT TO GET INFECTED AND FAIL.
7. SOFT COLD FOODS FOR THE FIRST TWENTY FOUR (24) HOURS. EAT ON THE OPPOSITE SIDE OF WHERE THE GRAFTING WAS DONE IF THE SURGERY WAS NOT DONE BILATERALLY. ADVANCE YOUR DIET AS TOLERATED. AVOID FOODS THAT REQUIRE PROLONGED CHEWING; THESE MIGHT HURT. OTHERWISE, YOUR DIET HAS NO RESTRICTIONS. IF YOU ARE WEARING A FULL DENTURE, TEMPORARY DENTURE (I.E. FLIPPER) OR BRIDGE THE DOCTOR WILL INSTRUCT YOU AS TO WHEN YOU CAN PLACE IT BACK IN YOUR MOUTH.
8. AVOID EXTREME PHYSICAL ACTIVITY. OBTAIN MORE REST THAN YOU USUALLY GET AND AVOID EXERTION, INCLUDING ATHLETIC ACTIVITIES AND INTERCOURSE. IF YOUR ARE TAKING PAIN KILLERS YOU SHOULD NOT DRIVE, WORK OUT, EXERCISE OR PLAY SPORTS.